

DETERMINE YOUR NUTRITIONAL HEALTH

AGING SERVICES NUTRITION RISK ASSESSMENT

Good nutritional health has many benefits, including disease prevention, health promotion and increased recovery time from sickness and injury. The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you are at risk.

If you have a potential risk factor, check the back of this form for some practical tips that can reduce these risk factors.

NAME _____

BIRTH DATE _____ MEAL SITE _____

TO COMPLETE THE ASSESSMENT: Read the statements below. Circle the number in the YES column for those statements that apply to you. Add up the circled numbers for your Total Score.

	YES
1. I, or someone close to me, have an illness or condition that has caused me to change the amount and/or kind of food that I eat.	2
2. I eat fewer than 2 meals per day	3
3. I eat few fruits and vegetables a day.	2
4. I eat or drink few milk products (such as milk, yogurt, cheese) a day.	2
5. I drink less than 5 cups (8 oz) of fluids (such as water, juice, tea) a day.	2
6. I have 3 or more drinks of beer, wine, or liquor almost every day.	2
7. I have tooth or mouth problems that make it hard for me to eat.	2
8. I don't always have enough money to buy the food I need.	4
9. I eat alone most of the time	1
10. I take 3 or more different prescribed or over-the-counter drugs a day.	1
11. Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
12. I am not always physically able to shop, cook and/or feed myself.	2
Resource: The Nutritional Screening Initiative	TOTAL SCORE

What your TOTAL SCORE means

0-2: You are not at risk for complications from malnutrition. Good job: recheck in 12 months

3-5: You are at moderate risk for complications from malnutrition. If you answered yes to any statements, read the tips on the back of this form for ways to improve your nutritional health.

6 or more: You are at high risk for complications from malnutrition. Talk to your primary health care provider to see how you can improve your nutritional health.

All congregate and home delivered meal participants should complete an annual assessment.

STEPS YOU CAN TAKE TO IMPROVE YOUR NUTRITIONAL HEALTH

If you answered **YES** to any statement on the assessment, check the corresponding number for some practical tips that can reduce this risk factor and improve your nutritional health.

1. Choose foods from all the food groups every day to make sure that you get all the nutrients you need to protect your immune system and your strength.
2. When you are at your Senior Center, ask if you can purchase an extra meal to take home. You should aim for 3 good meals a day.
3. Always make sure to select the fruits and vegetables offered at your meal site. Have canned, frozen or fresh fruits and vegetables on hand at home to include with every meal and snack. You need 3-5 servings of fruits and vegetables a day.
4. Add milk to your cereal, soups and hot drinks. Have some with each meal. You need 3-4 servings a day to protect your heart, blood pressure, bones and teeth.
5. Get in the habit of having a glass of milk water, or herbal tea with each meal or snack. Keep a water bottle near by all day. Drinking enough fluids helps your medications to work better and keeps your circulation and bowels in good working order.
6. Ask your senior center director if there is a local group or number you can contact to get help. Too much alcohol keeps your body from getting the nutrition it needs. You can also call your Area Agency on Aging at 1-800-551-3191 for more information.
7. Choose soft foods to eat and ask your senior center if they can chop or puree foods until you get the help you need from your doctor or dentist.
8. Talk to the local Information and Assistance Technician, Center director or public health department to find out what programs are available in your community.
9. Ask someone at the senior center if they can meet for a meal during the week of weekend, when the senior is closed. Eating with others improves your appetite.
10. Many medications and herbs can interfere with your appetite and your ability to get all the nutrients you need from the food you eat. Always let both your pharmacist and doctor know about all the herbs, medications and vitamins you are taking.
11. Losing or gaining too much weight in a short period of time is dangerous to your health. Talk to your doctor immediately and find out what can be done to change this pattern.
12. Ask the senior center director about local assistance programs in your area that may be able to help you. Also, ask if you can buy frozen meals for the weekends or when the center is not open.